WARMUP

DEATHLIFTS\CAROLYNSELENA/DEADLIFT
3*285LB.,3*305LB.,3
*389LB.BENTOVER/JESSEOWENS&JESUSOMNIPOTENTLYRIWS=8*300LBS.,8*295LBS.,*
*8*290LBS,8*285LB,8*280LBS.
CONCENTRATION[ANTI-H'T'L'R]HETERO CURLS
9*99LB .,9*88LB.,9

*99LB.PREACHER[CURLS BICEP]CLERGY12*360POUNDS,12*240PPUNDS,12*120LB.
WEIGHTED WADORYU PLANK
60*116lb.,60*160lb.,60

116lb.MADGECAROLYN\CROSSFIT BICEPCALLISTHENICS/FOCUS
*PENTAD&SETCHiNUPS=4*15√√√√/HALLOWAYBRYANT
INVERTED STRAIGHTSOURCE BICEPROWS
4
*15✓✓✓✓TOWEL TAI'CHI CURLS BICEP ,ARMS YANG,LEG(S)YIN 4*15✓✓✓✓
L\HETEROSEXUAL DOMINATRIX-MISTRESSES/DIP,PLANK,&L-SITS 9*9✓✓✓✓✓✓✓✓✓
SHADOW)PSALMS109(BOXING SPARRING=888
counted movements to Mimic Muhammad ALi's Punchfighting√
GRACIEPINKBELT JIUJITSU SPARRING,PRAYING TO THE FATHER+SON&HOLY SPIRIT TO SEND THE ANGEL OF THE PLAGUES MOSES TO RETALIATE AGAINST THOSE TRYING TO FORCE THEIR WILL ONR ON ME AND,REPEATEDLY SEGREGATE ME FROM THE WOMEN &TAMPER WITH MY PERSONAL LIFE& INFRINGE ON MY 1st&2ndAmendment Rights 777 counts
Shodanx Sandan Testing Practice✓
HWARDO✓
PALGWE 3&4,asking the ALMIGHTY OF CALVARY TO PLAGUE THOSE,TRYING ,TRICKING ME INTO ABOMINATION✓✓
TAEGEUK 3&4 FOR SHE GENETIC DOMINATRIXES✓
TAEKWONDO SHAOLIN&SHOTOKAN UPPERLOWER EXTREMITY WORK✓

TWIRLING MUSULWUSHU✓
DYNAMICS√
STRETCHING√
MOBILITY ✓
EXPLORING NEW IMPROVED EXERCISES✓
PILATESYOGINIYOGA✓
RACEWALKING &DUCKWALKING IN BETWEEN EXERCISES,SETS,&REPETITIONS✓
BALLISTIC&NON-BALLISTIC TRAINING√
875NRCKUPS✓
ANNEFRANK 125 times for Twisted Boat KLARA POLZL✓✓✓✓✓
WARMDOWNS✓

You logged a very high-volume, mixed-strength and martial arts session with significant conditioning and mobility work layered in.[1][2][3][4][5]

Quick read on what you did

- Heavy deadlift triples up to 385–389 lb plus high-volume bent-over rows in the ~280–300 lb range: that's a serious posterior-chain and upper-back strength stimulus.[6][7]
- Multiple curl patterns (concentration, preacher, towel curls, inverted rows, chin-ups) give a ton of **biceps** and elbow-flexor volume, both loaded and calisthenic.
- Weighted planks and L-sit style holds add strong anti-extension and hip-flexor core work, which pairs well with your striking/grappling.
- BJJ sparring plus TKD forms, Shotokan/Shaolin variants, Wushu, shadowboxing: that's a full-body conditioning, timing, and coordination block layered onto the lifting.[2][3][8]
- Racewalking/duck-walking between sets is excellent low-impact, joint-friendly conditioning that keeps HR up without beating up your knees like running.[9][4][5]

A couple of quick programming thoughts

- With this much pulling and biceps work in one day, watch elbow and forearm tendon tolerance; rotating in some lighter, strictly-controlled sets or tempo work on curls can help manage connective-tissue fatigue.[7][6]

- The racewalking between sets is a smart way to maintain blood flow and manage lactate so you stay loose and recover faster for subsequent sets.[4][5][1][9]
- Ballistic versus non-ballistic intent: for the power-focused portions (e.g., any jumps, strikes, fast lifts), keep the concentric as explosive as possible while staying technically tight; that’s what drives rate-of-force and motor-unit recruitment gains.[10][6][7]

If you want, next step I can help you:

- balance this day within your weekly split (where to place heavy pulls vs. BJJ/striking), or
- convert this exact session into a repeatable template with progression targets (loads, rep PRs, density, or total “counted movements”).

⁂

WOMEN'S FITNESS What form tips improve heavy deadlift safety at 389LB

How to progress bentover rows beyond 300LBS for 8 reps
Best recovery methods after high rep concentration curls 9x9

Heavy deadlifts at 389 lb demand flawless technique, especially for women managing leverages and joint angles. Prioritize these form tips for safety.

Deadlift Safety Cues

- **Neutral spine first**: Hinge at hips with a flat back—push hips back like closing a car door with your butt, not rounding forward. Engage lats by "bending the bar" around your shins to create tension.[11][12]
- **Mixed grip with chalk**: Use alternating grip (one palm up, one down) to fight off strap reliance; add chalk for grip without tearing calluses. Women often benefit from a slightly wider stance (hip-width+) to optimize hip drive.[13]
- **Brace and leg drive**: Deep belly breath into a 360° brace before pulling—imagine a weight belt tightening. Drive through mid-foot, keeping shins vertical to avoid forward knee shear.[14]

Bent-Over Row Progression Past 300 lb x8

You're already elite at 300 lb x8s—shift to overload strategies that scale sustainably without low-back fatigue.

Method	How-To	Target Progression
Double Progression	Hit top reps (8s across), then add 5 lb next session. Drop to 4-5 reps if needed, rebuild.[13]	315 lb x8 in 4 weeks
Yates/Underhand Grip	Flip to supinated grip for more biceps/traps; less lower-back stress at heavy loads.[13][12]	305 lb x10 fast
Pendlay Rows	Explosive from floor each rep—no momentum, pure back power. Alternate weekly with bent-over.[15]	325 lb x6-8
Bulgarian Split Stance	Rear foot elevated, front-loaded row—builds stability, hits upper back harder.[16]	Accessory to main rows

High-Rep Curl Recovery (9x99 lb)

9x9 concentration curls torch biceps/elbow tendons—recover fast to hit pulls again soon.

- Prioritize contralateral training: Light triceps work or mobility on the opposite day to flush lactate without direct stress.[13]
- Contrast therapy: 10 min ice bath (or cold shower) post-workout + 20 min light walk; follow with 400-800 mg magnesium glycinate before bed for muscle relaxation.[17]
- Active recovery: Next 48 hrs, do unloaded rice-bucket digs (forearm flexion/extension in rice) + 2-3 min light band pull-aparts to promote blood flow without volume.[18]

⁂

Common deadlift injuries at heavy weights and prevention

Accessory exercises to support 389lb deadlift
Bentover row variations for upper back focus beyond 300lbsx8

Heavy deadlifts like your 389 lb triples carry injury risks mainly from form breakdown under fatigue, but they're preventable with targeted prep and accessories.[21][22][23]

Common Injuries & Prevention

- **Low back strain (most frequent)**: Rounding under load compresses lumbar discs—prevent by bracing core 360° (deep breath, tighten abs/obliques like pre-punch), keeping bar over mid-foot, and hinging hips first (not yanking with arms). Never bounce or hyperextend at top.[22][23][24][21]
- **Hamstring pulls**: From rushing eccentric or poor hip drive—slow the lower (3-5 sec), drive through heels, use chalk/mixed grip to avoid grip slip.[25][23]
- **Shin bruises/grip failure**: Bar too far forward—scrape shins lightly, wear socks, add clips/collars.[26][21][25]

Warm up progressively (empty bar x10, 50% x5) and cap sessions at 85-90% max to build resilience.[23][24]

Deadlift Accessories (389 lb Support)

These strengthen weak links without taxing your main lift.

Exercise	Reps/Sets	Why It Helps
Deficit Deadlifts	3x3-5 @80%	Builds speed off floor, improves hip hinge depth.[22]
Romanian Deadlifts	4x8 @60-70%	Hamstring/erector isolation, eccentric control.[23]
Barbell Back Extensions	3x10-12	Direct erector strength, anti-rounding.[22]
Farmer's Carries	3x30-40m heavy	Grip/core stability carryover.[27]

Trap Bar Deadlifts	3x5	Upright variation reduces shear, builds confidence.[25]

Upper-Back Bent-Over Row Variations (>300 lb x8)

Shift to these for traps/rhomboids over lats, preserving elbows.

- **Pendlay Rows**: Floor pull each rep—explosive, zero momentum, max upper-back contraction. Progress to 325 lb x6.[28][29]
- **Yates Rows**: 15° torso angle, underhand grip—hits traps harder, less low-back stress at 310+ lb.[30][28]
- **Chest-Supported T-Bar Rows**: Prone on bench, pull to chest—pure upper back, no brace needed. Aim 4x8 @ plate-loaded 4-5+.[31]
- **Single-Arm Landmine Rows**: Unilateral stability, deeper scap retraction. 4x10/side @ heavy.[31]

⁂

Best warm-up routines before heavy deadlifts

How to progress deadlift from 389lb safely
Core bracing techniques for injury-free deadlifts

Heavy deadlifts like your 389 lb triples require a dialed-in warm-up, smart progression, and rock-solid bracing to push past plateaus injury-free.[34][35][36]

Optimal Deadlift Warm-Up

Start with 5 min light cardio (racewalk or bike) to raise HR, then hit mobility, followed by bar progressions.

- **General Prep (5-10 min)**: Foam roll hamstrings/hips, cat-cow x10, bird-dog x8/side, glute bridges x15. PVC pipe hinge drills (3 points of contact: head, mid-back, butt) x10 to groove neutral spine.[37][35][38]

- **Specific Ramp-Up**: Empty bar x10, 135 lb x8, 225 lb x5, 315 lb x3, 365 lb x1. Rest 60-90 sec; focus on speed/explosiveness. Total: 15-20 min.[39][34]

Safe Progression from 389 lb

Add 5 lb weekly via linear periodization, deloading every 4th week.

Phase	Sets/Reps	Load Strategy
Volume Build	5x5	375 lb, focus technique
Intensity	4x3	389 lb, then +5 lb
Peak	1x1	405 lb test, deload 10% after [34]
Accessories	3x8	RDLs/pull-throughs for weak points

Cycle 10% deload every 4 weeks; track bar speed—if it slows >20%, back off.[35]

Core Bracing Mastery

360° intra-abdominal pressure turns your core into a steel column.

- **Valsalva Breath**: Inhale deep into belly (not chest), brace abs/obliques/sides like about to get punched. Hold through entire rep—no exhale till lockout.[40][41]
- **Cues**: "Big chest, short ribs down." Pull slack out of bar pre-lift; squeeze glutes at mid-shin to fire hip drive. Practice on lighter sets: 10-sec holds.[42][43]
- **Drill**: Plank with 10 lb plate overhead x3x30 sec—feel uniform tension, no sag.[38]

⁂

Deadlift accessory exercises for hamstring strength

Sumo vs conventional deadlift differences
Optimal deadlift frequency and recovery tips
I workout every other day

Heavy deadlifts at 389 lb demand hamstring reinforcements and smart programming, especially on your every-other-day schedule.[48][49][50]

Hamstring Deadlift Accessories

Target lockout strength and eccentric control with these top picks.

Exercise	Sets/Reps	Key Benefit
Glute-Ham Raises	4x6-10	Explosive concentric mimics deadlift finish; add bands/plates.[48][51]
Romanian Deadlifts	4x8 @60-70%	Stretches hamstrings deeply, builds hip hinge endurance.[49][50][52]
Seated Leg Curls	3x10-15	Isolates hammies post-GHR; aim stack+ for elite tension.[48]
Good Mornings	3x8	Posterior chain under load, low-back tie-in.[49][53]
Stiff-Leg Deadlifts	3x10	Top-half deadlift simulation, hamstring focus.[54]

Sumo vs. Conventional Deadlift

Choose based on your structure—sumo often suits women with hip-dominant leverages.

Aspect	Conventional	Sumo
Stance	Feet hip-width, hands outside knees	Wide (sumo wrestler), hands inside knees
Pull Angle	More hamstring/glute	More quad/adductor dominant
ROM	Longer from floor	Shorter, easier off floor
Stress	Higher low-back shear	Less lumbar, more hip abduction[49]

Test both: conventional for your current posterior strength; sumo if hips feel tight.

Frequency & Recovery (Every Other Day)

Deadlift 2x/week max (e.g., Mon/Thu) to allow 48-72 hr recovery—your EOD fits if alternating heavy/light.

- **Frequency**: Heavy triples 1x/week, speed/technique 1x (e.g., 70% x5 explosive). Deload every 4th week.[55][56]
- **Recovery Tips**: Post-lift, 10-15 min racewalk cool-down; 20g protein + carbs within 30 min. Sleep 8+ hrs, foam roll hamstrings daily. Monitor soreness—if grip or low-back lags, drop to 1x/week.[57][58]

⁂

Sample hamstring accessory workout routine for every other day

Progression schemes for RDLs and glute-ham raises
Sumo deadlift form cues for beginners

Heavy deadlifts at 389 lb benefit from targeted hamstring accessories on your every-other-day schedule, plus smart progressions and sumo cues.[62][63][64]

EOD Hamstring Accessory Routine

Do this on non-main deadlift days (e.g., Wed/Sun) after warm-up—3 rounds, 60-90 sec rest. Keeps volume sustainable without overtaxing recovery.

Exercise	Sets x Reps	Load Notes
Romanian Deadlifts	4x8-10	60-70% of dead max (e.g., 225-275 lb), slow eccentric (3 sec down)
Glute-Ham Raises	3x6-8	Bodyweight or plate; partner assist if needed
Seated Leg Curls	3x12-15	Full stack, pause at peak contraction
Single-Leg RDLs	3x10/leg	Dumbbells, focus balance

Frog Pumps	3x20	Bodyweight finisher for glutes

RDL & GHR Progression Schemes

Build systematically over 4-6 weeks, adding weight when you hit top reps cleanly.

RDLs:

- Week 1-2: 4x10 @ light (50% dead max), perfect hinge.
- Week 3-4: 4x8, +10 lb when 10s easy; tempo 3111.
- Week 5+: 3x6 heavy, deficit stance for stretch.[65][62]

GHRs:

- Beginner: Negative only (slow lower 5 sec) x4x6.
- Intermediate: Full reps x3x8, add band resistance.
- Advanced: Weighted x3x5-6 (hold plate), 2-sec pause bottom.[66][67]

Sumo Deadlift Form Cues (Beginner-Friendly)

Wider stance reduces low-back stress—great for hamstring support.

- **Setup**: Feet 1.5x shoulder-width, toes 45° out; bar over mid-foot, shins vertical.
- **Drive**: Knees track toes, push floor away with quads/adductors first—feel "big toe spread."
- **Finish**: Hips under at top, no lean-back; reset each rep. Cue: "Squat the deadlift."[64]

⁂

Common mistakes in sumo deadlift form for beginners

How to progress from RDLs to full deadlifts
GHR variations for home without equipment

Sumo deadlifts, RDL-to-deadlift transitions, and home GHRs are smart for building on your 389 lb conventional base while managing your every-other-day schedule.[73][74][75]

Common Sumo Form Mistakes (Beginners)

These kill power and risk low-back strain—film yourself to check.

Mistake	Why It Hurts	Fix Cue
Hips shoot up first	Turns it into a back lift, loses leg drive	Hips/shoulders rise together; "pulley system" (hips pull down as bar rises) [73][76]
Feet too narrow/wide	Unstable base, poor adductor use	1.5x shoulders, toes 45° out; vertical shins [73][75]
Soft knees/shoulders	Energy leak, red lights in comps	"Spread the floor," pack lats into back pockets [74]
Late/poor lockout	Lean-back shear on spine	Knees first, then hips; finish tall over bar [75]
Rushing start	Jerks bar, bad positioning	Slow off floor, maintain chest-up [75]

Progressing RDLs to Full Deadlifts

RDLs build the top half—use them as a bridge without taxing your main lift.

- **Weeks 1-4**: RDLs 4x8 @225-275 lb (60-70% dead max), full stretch. Add deficit (stand on 1-2" plate) for floor strength.
- **Weeks 5-8**: Alternate sessions—RDLs heavy x6 + paused deadlift singles @365 lb (2-sec floor pause).
- **Transition**: When RDLs hit 8x8 clean, test deadlift +5-10 lb. Keep RDL volume 50% of deadlift day.[77][78]

Home GHR Variations (No Equipment)

Bodyweight progressions mimic glute-ham raises for hamstring isolation.

- **Nordic Curls (Beginner)**: Kneel, anchor feet under couch/partner; slow lower (5 sec) x3x6-8. Use hands to assist up.

- **Eccentric Slider Curls**: Lie on back, heels on towels/sliders; curl hips up, slide heels in slow x4x10.
- **Supine Leg Curl Bridge**: Feet on chair edge, lift hips into single-leg bridge curl x3x12/leg.
- **Progress**: Add pause at bottom (2 sec), slow tempo (4 sec eccentric). Do EOD as finisher.[79][80]

⁂

YOGINI MAKING A LIONES FACE

Lion Pose (Simhasana) is a powerful yoga posture where a yogini makes an intense "lion's face" to release tension, strengthen facial muscles, and energize the body—perfect after your heavy deadlift sessions for jaw/throat recovery and mobility.

How to Do Lion Pose

Kneel or sit cross-legged comfortably. Place palms on knees, fingers spread wide.

- Inhale deeply through nose.
- Exhale forcefully: Open mouth wide, stick tongue out toward chin, eyes up to third eye (between brows), roar "HAH" from throat.
- Hold 5-10 seconds, repeat 3-5x per side (switch ankle cross if kneeling).[87][88]

Benefits for Fitness

- Relieves TMJ/clenched jaw from bracing heavy pulls like 389 lb deads.
- Boosts circulation to face/neck, counters stress from high-volume rows/curls.
- Activates core/platysma, pairs with your planks and martial arts breath work.[89][90]

Add as 1-min finisher to warm-ups or cool-downs—roar out fatigue like a beast!

⁂

Simhasana benefits for facial anti-aging

Lion Pose step-by-step instructions with images
Common mistakes in Lion Pose and corrections

Simhasana (Lion Pose) offers targeted facial benefits that support anti-aging through muscle activation and circulation, complementing your intense deadlift and martial arts training.

Facial Anti-Aging Benefits

Lion Pose stimulates the 30+ facial muscles, platysma (neck muscle that sags with age), and improves blood flow to reduce wrinkles, fine lines, and crow's feet. Regular roars firm skin, release tension from jaw clenching (common in heavy bracing), and promote collagen via oxygenation—natural "yoga Botox" without equipment.[94][95][96]

Step-by-Step Instructions

1. Kneel on mat, sit heels under butt (or cross ankles in Virasana).
2. Place palms on knees, spread fingers like claws.
3. Inhale deeply through nose, fill chest/belly.
4. Exhale roaring "HAH": Open mouth max, extend tongue to chin, eyes up to third eye, throat contracts.
5. Hold 5-10 sec, roar 2-3x. Switch ankle cross, repeat 3-5 rounds total.[95][97][98]

Classic Simhasana execution shows the full "lion's face" stretch.

Common Mistakes & Fixes

Mistake	Correction
Shallow breath/no roar	Deep belly inhale; forceful "HAH" from diaphragm for throat activation [97]
Neck craned forward	Eyes to third eye, chin parallel—avoid strain [98]
Tense shoulders	Relax arms, splay fingers only; shake out post-pose [95]
Rushed/short holds	Pause 5+ sec in roar to maximize circulation [99]

Practice post-workout to unwind TMJ from curls/deads—roar out session stress!

⁂

Simhasana variations for beginners

Simhasana benefits for throat and thyroid
How often to practice Simhasana daily for skin benefits

Simhasana variations make Lion Pose accessible for beginners, while its throat stimulation supports thyroid health and skin vitality alongside your deadlift recovery.

Beginner Variations

- **Seated Cross-Legged (Sukhasana)**: Sit easy pose, hands on knees in gyan mudra; roar without kneeling—builds breath control.[106][107]
- **Chair Version**: Sit forward on chair edge, palms on knees, fingers spread; ideal for knee/wrist issues.[108]
- **Reverse Grip**: Kneel in Vajrasana, palms between thighs with fingers toward body—gentler on wrists.[106]

Throat & Thyroid Benefits

The roar contracts platysma and throat muscles, boosting circulation to the thyroid gland for hormone balance, reducing puffiness/swelling, and easing vocal strain from martial arts shouts or heavy bracing.[109][108]

Daily Practice for Skin

2-3 sessions of 5 roars (10-30 sec holds) morning/evening maximizes facial muscle tone, oxygenation, and collagen flow for anti-aging—pairs perfectly with post-workout unwind.[110][106]

⁂

1. https://www.instagram.com/reel/DEOIC2Wp3JU/?hl=en
2. https://marcussoares.com/the-benefits-of-sparring-in-bjj-training/
3. https://agjiujitsu.com/martial-arts-reno-nv/understanding-bjj-sparring-and-its-importance-in-training/
4. https://healthy.kaiserpermanente.org/washington/health-wellness/healtharticle.race-walking
5. https://www.womenshealthmag.com/fitness/a70194465/race-walking-delivers-similar-burn-to-running/
6. https://pmc.ncbi.nlm.nih.gov/articles/PMC6162472/
7. https://www.scienceforsport.com/ballistic-training/
8. https://octagonmma.com/8-benefits-of-jiu-jitsu-training-beyond-physical-fitness/
9. https://apuedge.com/racewalking-can-be-a-great-way-to-stay-in-shape-or-compete/
10. https://lafabriqueverticale.com/en/campus-board-ballistic-vs-non-ballistic-power-exercise/
11. https://www.nerdfitness.com/blog/the-bent-over-row-the-ultimate-guide-for-dumbbell-and-barbell-row-training/
12. https://www.menshealth.com/uk/building-muscle/a757301/how-to-master-the-bent-over-row/
13. https://legionathletics.com/bent-over-row/
14. https://www.youtube.com/watch?v=3xzx00wfUSk
15. https://www.reddit.com/r/Fitness/comments/a0wj25/gauging_bentover_row_progress/
16. https://www.advancedhumanperformance.com/blog/the-ultimate-bent-over-row-for-size-strength-and-function
17. https://www.instagram.com/reel/DEOIC2Wp3JU/?hl=en
18. https://www.reddit.com/r/formcheck/comments/11p3ksj/bentover_row_beginner_how_can_i_improve/
19. https://www.youtube.com/watch?v=7B5Exks1KJE
20. https://www.youtube.com/shorts/p9RihhjmJsw

21. https://www.jbcharleston.jb.mil/News/Article-Display/Article/1108696/preventing-deadlift-back-pain/
22. https://www.chiropractorkirkwood.com/blog/low-back-pain-deadlifts
23. https://www.goodrx.com/well-being/movement-exercise/are-deadlifts-bad-for-you
24. https://thecharlotteathlete.com/7-errors-and-7-tips-to-bulletproof-your-deadlift-part-2/
25. https://ph.health.mil/PHC Resource Library/DeadliftInjuries_FS_12-024-1119.pdf
26. https://foothillsrehab.com/blog/blog-deadlift-back-pain-prevention/
27. https://www.muscleandfitness.com/flexonline/training/jay-cutlers-shares-his-wise-tips-for-preventing-deadlift-injuries/
28. https://legionathletics.com/bent-over-row/
29. https://www.reddit.com/r/Fitness/comments/a0wj25/gauging_bentover_row_progress/
30. https://www.menshealth.com/uk/building-muscle/a757301/how-to-master-the-bent-over-row/
31. https://www.advancedhumanperformance.com/blog/the-ultimate-bent-over-row-for-size-strength-and-function
32. https://www.youtube.com/watch?v=ChLmR-1UBMI
33. https://www.hss.edu/health-library/move-better/lower-back-pain-after-deadlift
34. https://www.homegrownfitnessto.com/blog/warm-up-for-heavy-lifting
35. https://barbend.com/deadlift-warm-up/
36. https://www.crossfit.com/essentials/the-deadlift
37. https://www.youtube.com/watch?v=6w3tXuG7R3U
38. https://theprehabguys.com/deadlift-warmup-essentials/
39. https://www.reddit.com/r/powerlifting/comments/1j4ld1l/how_do_yall_warm_up/
40. https://www.jbcharleston.jb.mil/News/Article-Display/Article/1108696/preventing-deadlift-back-pain/
41. https://thecharlotteathlete.com/7-errors-and-7-tips-to-bulletproof-your-deadlift-part-2/

42. https://www.youtube.com/watch?v=ChLmR-1UBMI

43. https://www.hss.edu/health-library/move-better/lower-back-pain-after-deadlift

44. https://themovementfix.com/prep-back-deadlifts/

45. https://www.youtube.com/watch?v=6O3Hne5hC34

46. https://ntgear.eu/blogs/articles/proper-warm-up-for-deadlift

47. https://www.facebook.com/groups/MauiAthletics/posts/1447675659001997/

48. https://www.jtsstrength.com/hamstring-training-for-the-deadlift/

49. https://legionathletics.com/deadlift-accessory-exercises/

50. https://seriouslystrongtraining.com/the-6-best-accessory-exercises-for-the-conventional-deadlift/

51. https://elitefts.com/blogs/coaching-logs/top-5-assistanceaccessory-exercises-for-the-deadlift

52. https://barbend.com/news/5-accessory-exercises-to-boost-your-deadlift/

53. https://www.facebook.com/FitMediaChannel/videos/strengthen-your-deadlift-with-these-accessory-exercises-deadlift-is-a-full-body-/4286927221547732/

54. https://www.youtube.com/watch?v=x55pHn9TavI

55. https://www.homegrownfitnessto.com/blog/warm-up-for-heavy-lifting

56. https://barbend.com/deadlift-warm-up/

57. https://www.goodrx.com/well-being/movement-exercise/are-deadlifts-bad-for-you

58. https://theprehabguys.com/deadlift-warmup-essentials/

59. https://www.youtube.com/shorts/3t8k1GffVuU?vl=nl-NL

60. https://www.reddit.com/r/powerlifting/comments/2k636f/hamstring_accessory_work_for_deadliftsquats/

61. https://www.westside-barbell.com/blogs/the-blog/starting-conjugate-deadlift-accessory-exercises

62. https://www.trainheroic.com/blog/romanian-deadlifts-for-glutes-hamstrings/

63. https://www.jtsstrength.com/hamstring-training-for-the-deadlift/

64. https://legionathletics.com/deadlift-accessory-exercises/

65. https://www.youtube.com/watch?v=LqUctlrbCEU

66. https://t-nation.com/t/the-glute-ham-raise-from-a-to-z/285110

67. https://www.syattfitness.com/conditioning/glute-ham-raise-progression/

68. https://www.masterclass.com/articles/glute-ham-raise-guide

69. https://www.facebook.com/groups/MirrorAthleteHardToFindFitnessSecrets/posts/422903878773260/

70. https://www.youtube.com/watch?v=EWyb8JD9orc

71. https://theprehabguys.com/best-rdl-variations/

72. https://www.instagram.com/reel/DN6B2UmkYii/

73. https://www.youtube.com/watch?v=F6DrLoHLFnY

74. https://www.youtube.com/watch?v=IJvXfxNMv1w

75. https://www.youtube.com/watch?v=Ov1AyFVEZws

76. https://www.youtube.com/watch?v=-819cFzPQeI

77. https://www.trainheroic.com/blog/romanian-deadlifts-for-glutes-hamstrings/

78. https://www.youtube.com/watch?v=LqUctlrbCEU

79. https://t-nation.com/t/the-glute-ham-raise-from-a-to-z/285110

80. https://www.syattfitness.com/conditioning/glute-ham-raise-progression/

81. https://www.instagram.com/reel/DULTatWDCii/

82. https://www.facebook.com/groups/BarbellMedicineGroup/posts/3127021874209057/

83. https://www.reddit.com/r/weightroom/comments/7jseye/mastering_the_sumo_deadlift_the_four_biggest/

84. https://www.tiktok.com/@nicoflores83kg/video/7545907296325438751

85. https://www.reddit.com/r/formcheck/comments/1m7iwvn/sumo_deadlift_help/

86. https://www.instagram.com/p/CZSulC0gfu0/

87. https://www.youtube.com/watch?v=lqHn0n_1O7A

88. https://yogalily.com/lion-pose-simhasana/

89. https://www.masterclass.com/articles/lion-pose-guide

90. https://sattvaconnect.com/blog/unleash-your-inner-lion-exploring-simhasana-lion-pose

91. https://www.youtube.com/watch?v=QlHriDjj7O8

92. https://thechoosychick.com/blogs/news/lions-breath-yoga-pose

93. https://www.youtube.com/watch?v=Gv6XcRa4b5U

94. https://www.siddhiyoga.com/yoga/poses/simhasana-lion-pose

95. https://yogalily.com/lion-pose-simhasana/

96. https://www.cnyhealingarts.com/the-health-benefits-of-simhasana-lion-pose/

97. https://www.youtube.com/watch?v=lqHn0n_1O7A

98. https://www.masterclass.com/articles/lion-pose-guide

99. https://sattvaconnect.com/blog/unleash-your-inner-lion-exploring-simhasana-lion-pose

100. https://www.yogajournal.com/practice/energetics/pranayama/lion-pose/

101. https://www.icicilombard.com/health-insurance/wellness/blogs/health-benefits-of-simhasana

102. https://myyogateacher.com/yoga-asana/simhasana

103. https://www.facebook.com/groups/606685803010801/posts/2655115494834478/

104. https://multifit.in/blog/10-benefits-of-simhasana-you-need-to-know-for-the-mind-body-and-soul

105. https://www.reddit.com/r/yoga/comments/1b86gte/what_are_the_benifits_of_simhasana_lion_pose_yoga/

106. https://myyogateacher.com/yoga-asana/simhasana

107. https://www.doyou.com/how-to-do-lion-pose-simhasana-and-its-variations-69049/

108. https://www.siddhiyoga.com/yoga/poses/simhasana-lion-pose

109. https://www.cnyhealingarts.com/the-health-benefits-of-simhasana-lion-pose/

110. https://www.icicilombard.com/health-insurance/wellness/blogs/health-benefits-of-simhasana

111. https://sattvaconnect.com/blog/unleash-your-inner-lion-exploring-simhasana-lion-pose

112. https://www.yogajournal.com/practice/energetics/pranayama/lion-pose/

113. https://www.youtube.com/watch?v=azy3YYy_YQ0

114. https://www.ananda.org/video/simhasana-lion-pose/

115. https://www.yogawithnutan.com/blogs/yoga-1/how-to-do-lion-pose-simhasana-step-by-step-guide-for-beginners